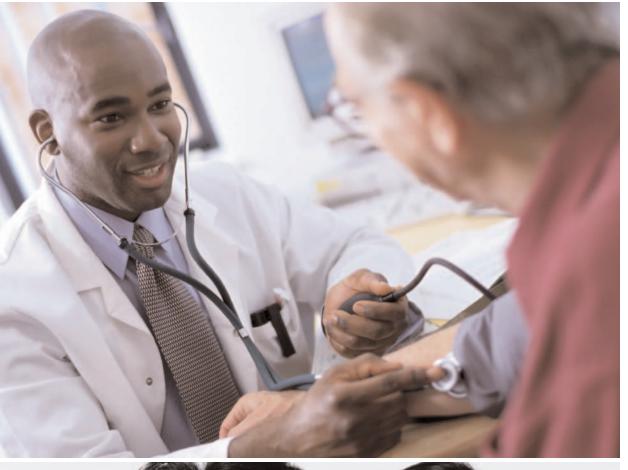
# Manage your diabetes for a healthy life









#### Exercise

Get moving! Work up to at least **30 minutes a day**, most days of the week. Talk with your doctor before starting any exercise plan.

# ✓ Choose Healthy Food

Follow the meal plan that you and your doctor or nutritionist have talked about to keep your blood sugar in control.

# ✓ Take Your Medicine

Make sure you know what your medicines are and how to take them.

# Check Your Blood Sugar

Talk to your doctor about how often and when to test.

#### **✓** Don't Smoke

If you smoke, quit. Call the NYS Smokers' Quitline (1-866-697-8487) for help.

#### ✓ A1C

Have this blood test done **2 to 4 times a year** to keep track of your average blood sugar. Less than 7 is the goal.

### Blood Pressure

Have this checked at each visit. Less than 130/80 is the goal.

#### Cholesterol

Have this checked **once a year**. LDL (bad cholesterol) of less than 100 is the goal.

## **√** Eye Exam

See an eye doctor for a dilated eye exam every year.

#### **√** Foot Exam

Take off your shoes and socks **at every doctor's visit**. Learn how to check your feet and check them daily.

## Kidney Test

Have one every year.

## **✓** Flu Shot

Have one every year. Ask your doctor if you also need a pneumonia shot.

#### **See** α Dentist

Have your teeth and gums checked every 6 months.

# ✓ Having trouble managing your diabetes?

Ask your health care team for help. Talk about any feelings, problems or questions you may have.